

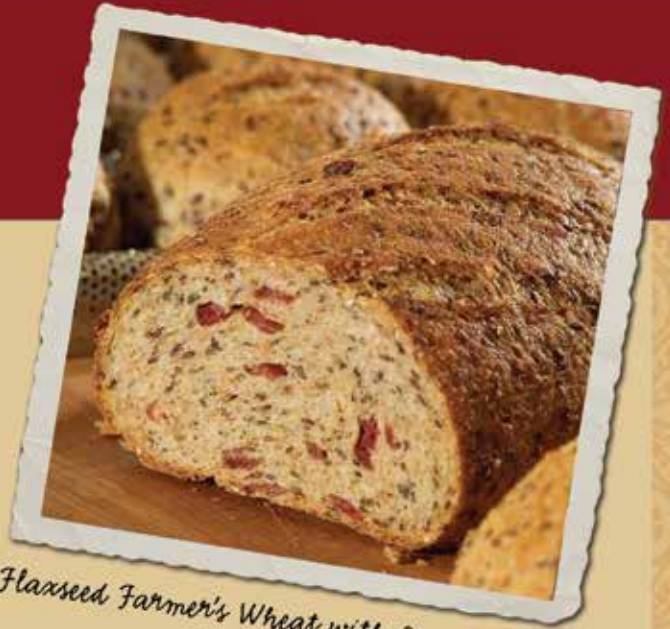
BREAD

AND YOUR HEALTH

Bread is an important part of every healthy diet. It's something that most of us consume daily as a baseline for our meals. There are a great variety of breads in the marketplace with varying levels of nutritional value. This guide is designed to make it easier for you to enjoy the Breadsmith breads that best align with your health goals.

Breadsmith specializes in handcrafted artisan breads made from scratch using the highest quality ingredients. Also, our breads are baked fresh daily, so you never have to worry about preservatives.

FACT: Whole grains are an important source of fiber because they are unrefined. That means the whole grain is left intact, keeping more of its fiber and other nutrients.



Flaxseed Farmer's Wheat with Cranberries



100% Whole Wheat

Sign up at breadsmithMN.com to get regular updates on nutrition and recipe ideas.

THE IMPORTANCE OF FIBER

According to the Mayo Clinic, a high-fiber diet may help reduce the risk of heart disease and diabetes. The foods highest in fiber include grains, whole grains, fruits, vegetables, beans and nuts. It is recommended that women consume 21 to 25 grams of fiber a day and men consume 30 to 38 grams a day.

Breadsmith breads with three or more grams of fiber per serving include:

- Austrian Pumpernickel
- Bran Muffins
- Flaxseed Farmer's Wheat with Cranberries
- 100% Whole Wheat
- 100% Whole Wheat Raisin Cinnamon

ORGANIC AND LOCAL

Our bakeries exclusively use locally sourced **organic eggs**. We only use **honey** that is guaranteed US domestic.



FACT: Breadsmith is kosher parve. Parve foods are considered neutral and can therefore be eaten with milk or meat.

BREADS/ROLLS

		Serving Size	Calories	Fat	Sodium	Carbs	Fiber	Sugar
100% Whole Wheat	whole wheat flour, water, honey (4), salt, yeast, wheat gluten	1/2" slice	100	0.5	200 mg	21	3	4
100% Whole Wheat Raisin Cinnamon	whole wheat flour, water, raisins, honey (4), salt, yeast, wheat gluten, cinnamon	1/2" slice	120	0.5	190 mg	25	3	6
Austrian Pumpernickel	water, whole wheat flour, rye meal, cracked wheat, salt, caraway seeds, yeast	1/2" slice	90	0.5	115 mg	19	4	0
Blueberry Cranberry	unbleached-unbromated wheat flour, water, honey (4), dried blueberries, dried cranberries, salt, yeast	1/2" slice	90	0	140 mg	18	1	4
Caraway Rye	unbleached-unbromated wheat flour, water, rye meal, caraway seed, salt, yeast	1/2" slice	90	0.5	180 mg	19	2	1
Caraway Onion Rye	unbleached-unbromated wheat flour, water, rye meal, fresh onion, caraway seed, salt, yeast	1/2" slice	100	0.5	180 mg	19	1	0
Chocolate Babka (3)	unbleached-unbromated wheat flour, organic soy milk (6), granulated sugar, margarine (5), water, cocoa, salt, cinnamon, yeast, vanilla, almond extract	1/2" slice	150	5	150 mg	22	1	7
Chocolate Cherry (3)	unbleached-unbromated wheat flour, water, chocolate chips (7), honey (4), dried cherries, salt, cocoa, yeast	1/2" slice	100	1.5	130 mg	19	1	4
Chocolate Panettone (1, 2)	unbleached-unbromated wheat flour, chocolate chips (7), water, organic soy milk (6), almonds, granulated sugar, margarine (5), organic eggs, sourdough starter, salt, pure chocolate extract, yeast, almond extract	1/2" slice	160	7	120 mg	22	2	7
Ciabatta	unbleached-unbromated wheat flour, water, salt, yeast	1/2" slice	80	0	170 mg	16	1	0
Ciabatta w/ Greek Olives	unbleached-unbromated wheat flour, water, Kalamata olives, salt, yeast	1/2" slice	70	0.5	170 mg	13	1	0
Ciabatta w/ Rosemary	unbleached-unbromated wheat flour, water, salt, garlic, rosemary, yeast	1/2" slice	70	0	150 mg	14	1	0
Cinnamon Swirl Pullman (1, 3)	unbleached-unbromated wheat flour, water, brown sugar, granulated sugar, margarine (5), organic eggs, salt, yeast, cinnamon	1/2" slice	140	2.5	240 mg	25	1	5
Country White (1, 3)	unbleached-unbromated wheat flour, water, granulated sugar, margarine (5), organic eggs, salt, yeast	1/2" slice	120	2.5	220 mg	21	1	3
Cranberry Cornbread	unbleached-unbromated wheat flour, water, cornmeal, honey (4), dried cranberries, salt, yeast	1/2" slice	110	0	160 mg	24	1	4
Crostini	slices of French Baguette, olive oil, salt, vinegar, garlic, Italian seasoning (oregano, basil, thyme, rosemary, marjoram)	approx. 3 pieces	140	7	230 mg	15	1	0
CROUTONS	cubes of French Boule, olive oil, non-GMO canola oil, Italian seasoning (oregano, basil, thyme, rosemary, marjoram)	approx. 10 pieces	70	1.5	250 mg	13	1	0
Dark Raisin Walnut Rye (2)	unbleached-unbromated wheat flour, water, raisins, rye flour, walnuts, flaxseed, honey (4), caramel color, molasses, salt, yeast	1/2" slice	120	3	110 mg	22	2	5
English Muffin Bread	unbleached-unbromated wheat flour, water, non-GMO canola oil, salt, vinegar, yeast, granulated sugar, dusted w/cornmeal	1/2" slice	90	0.5	200 mg	18	1	1
Flaxseed Farmer's Wheat w/ Cranberries	water, unbleached-unbromated wheat flour, whole wheat flour, dried cranberries, flaxseed, cornmeal, oats, honey (4), cracked wheat, rye meal, sunflower seeds, wheat bran, salt, yeast	1/2" slice	130	2.5	140 mg	23	3	4
Focaccia (plain)	unbleached-unbromated wheat flour, water, olive oil, granulated sugar, garlic, salt, Italian herbs, yeast, dusted w/cornmeal	1/2" slice	150	2.5	270 mg	27	1	2
French Boule/Baguette/Ficelle	unbleached-unbromated wheat flour, water, salt, yeast	1/2" boule slice	100	0	220 mg	20	1	0
French Peasant	unbleached-unbromated wheat flour, water, cracked wheat, salt, yeast	1/2" slice	100	0	210 mg	20	1	0
Honey Wheat	unbleached-unbromated wheat flour, water, whole wheat flour, oats, honey (4), bran, salt, yeast	1/2" slice	100	.5	170 mg	21	2	3
Honey White and Honey Challah	unbleached-unbromated wheat flour, water, honey (4), salt, yeast	1/2" slice	80	0	130 mg	17	1	2
Hot Cross Buns	unbleached-unbromated wheat flour, water, raisins, honey (4), salt, yeast, orange peel, cinnamon Icing: powdered sugar, orange juice, vanilla	1 bun	300	1	360 mg	67	2	21
Irish Soda Bread (3)	organic soy milk (6), unbleached-unbromated wheat flour, whole wheat flour, oats, margarine (5), dark raisins, golden raisins, granulated sugar, water, baking powder, honey (4), salt, baking soda, apple cider vinegar	1/2" slice	170	4.5	200 mg	28	3	7
Mediterranean Herb	unbleached-unbromated wheat flour, water, dill dip seasoning, salt, yeast	1/2" slice	80	0	210 mg	17	1	0
Multigrain	water, unbleached-unbromated wheat flour, cracked wheat, cornmeal, oats, rye meal, sunflower seeds, salt, yeast	1/2" slice	110	1.5	200 mg	21	2	0
New York Style Rye	unbleached-unbromated wheat flour, water, rye meal, malt syrup, salt, caraway seeds, yeast, dusted w/cornmeal	1/2" slice	90	0	130 mg	18	2	1
Potato	water, unbleached-unbromated wheat flour, potato flour, granulated sugar, salt, yeast	1/2" slice	100	0	190 mg	22	1	1
Pretzels	unbleached-unbromated wheat flour, water, non-GMO canola oil, granulated sugar, barley malt syrup, salt, yeast, kosher food-grade lye	1/2 pretzel	220	4.5	240 mg	38	1	4
Raisin Cinnamon	unbleached-unbromated wheat flour, water, raisins, salt, yeast, cinnamon	1/2" slice	100	0	160 mg	22	1	4
Raisin Walnut (2)	unbleached-unbromated wheat flour, water, whole wheat flour, raisins, walnuts, salt, yeast	1/2" slice	120	2.5	170 mg	21	2	4
Rustic Italian	unbleached-unbromated wheat flour, water, salt, yeast	1/2" slice	140	0.5	260 mg	28	1	1
Sourdough	unbleached-unbromated wheat flour, water, sourdough starter, salt	1/2" slice	110	0.5	200 mg	21	1	1
Stollen (1, 2, 3)	unbleached-unbromated wheat flour, organic soy milk (6), margarine (5), golden raisins, currants, almonds, granulated sugar, organic eggs, dried lemons, dried oranges, rum, yeast, salt. Dusted with granulated sugar, powdered sugar	1/2" slice	150	6	85 mg	21	1	5
Vanilla Egg Challah (1)	unbleached-unbromated wheat flour, water, organic eggs, granulated sugar, non-GMO canola oil, vanilla, yeast, salt	1/2" slice	100	2	45 mg	17	1	3
Vanilla Egg Raisin Challah (1)	unbleached-unbromated wheat flour, water, organic eggs, raisins, granulated sugar, non-GMO canola oil, vanilla, yeast, salt	1/2" slice	100	2	40 mg	18	1	5
Walnut Babka (1, 2, 3)	unbleached-unbromated wheat flour, organic soy milk (6), walnuts, granulated sugar, margarine (5), water, organic eggs, honey (4), salt, yeast, lemon extract, orange peel, lemon juice, lemon peel	1/2" slice	140	6	100 mg	20	1	5
Wheat Lavosh Crackers	unbleached-unbromated wheat flour, water, whole wheat flour, sesame seeds, olive oil, salt, granulated sugar, yeast	2 (1 oz.)	120	3	210 mg	20	2	1

Unless noted the unit of measurement is grams. Some items are seasonal. Serving size of 1/2" slice of bread is approx. 1.5 oz.; dinner rolls, burger and brat buns are approx. 4 oz.; banquet size dinner rolls/buns are approx. 2.5 oz. (1) Contains organic eggs. (2) Contains nuts. (3) Contains soy (see 5, 6, 7). (4) US domestic pure honey. (5) Our margarine is TRANS-FAT FREE. It has these ingredients: palm oil, water, soybean oil, salt, soy lecithin, natural flavor, beta carotene (color), vitamin A palmitate. (6) Organic Soy Milk ingredients: filtered water, whole organic soybeans, organic cane sugar, tricalcium phosphate, sea salt, carrageenan, organic vanilla flavor, natural flavors, vitamin A palmitate, vitamin D2, riboflavin (B2), vitamin B12. (7) Semi-sweet chocolate chip ingredients: sugar, chocolate liquor, cocoa butter, soy lecithin, vanilla.

SWEETS AND QUICK BREADS/MUFFINS

		Serving Size	Calories	Fat	Sodium	Carbs	Fiber	Sugar
Apple Cinnamon Bread (1, 3)	unbleached-unbromated wheat flour, apples, granulated sugar, non-GMO canola oil, organic eggs, unsweetened applesauce, baking powder, cinnamon, nutmeg. Topping: brown sugar, unbleached-unbromated wheat flour, margarine (5), cornmeal, cinnamon	1/2" slice or 1/3 muffin	170	8	50 mg	23	1	13
Banana Bread (1)	bananas, unbleached-unbromated wheat flour, granulated sugar, non-GMO canola oil, organic eggs, whole wheat flour, baking soda, salt, vanilla	1/2" slice or 1/3 muffin	130	4	180 mg	22	1	11
Banana Bread with Walnuts (1, 2)	bananas, unbleached-unbromated wheat flour, granulated sugar, non-GMO canola oil, organic eggs, walnuts, whole wheat flour, baking soda, salt, vanilla	1/2" slice or 1/3 muffin	160	7	140 mg	21	1	12
Banana Chocolate Chip Bread (1)	bananas, unbleached-unbromated wheat flour, granulated sugar, semi-sweet chocolate chips (7), non-GMO canola oil, organic eggs, whole wheat flour, baking soda, salt, vanilla	1/2" slice or 1/3 muffin	140	5	160 mg	23	1	13
Bran Muffin (1, 3)	organic soy milk (6), raisins, unbleached-unbromated wheat flour, water, applesauce, wheat bran, whole wheat flour, granulated sugar, brown sugar, molasses, organic eggs, non-GMO canola oil, baking soda, cinnamon, salt	1/3 muffin	127	2	113 mg	25	3	11
Caramel Pecan Bun (2, 3)	unbleached-unbromated wheat flour, water, brown sugar, margarine (5), pecans, honey (4), granulated sugar, salt, cinnamon, yeast, bourbon	1 mini or 1/3 large	270	12	240 mg	39	2	17
Chocolate Chocolate Chip Bread and Muffins (1, 3)	unbleached-unbromated wheat flour, granulated sugar, semi-sweet chocolate chips (7), unsweetened applesauce, organic eggs, non-GMO canola oil, organic soy milk (6), cocoa, chocolate extract, baking powder, salt, vanilla, baking soda	1/2" slice or 1/3 muffin	160	6	105 mg	26	1	14
Cinnamon Bun (1, 3)	unbleached-unbromated wheat flour, water, brown sugar, margarine (5), organic eggs, granulated sugar, cinnamon, salt, yeast. Icing: powdered sugar water, vanilla	1 mini or 1/3 large	230	7	260 mg	39	1	16
Cranberry Orange Bread and Muffins (1, 3)	unbleached-unbromated wheat flour, orange juice, granulated sugar, cranberries, margarine (5), organic eggs, baking powder, orange peel, baking soda, salt	1/2" slice or 1/3 muffin	140	4.5	140 mg	23	1	11
Honey Cake (1)	rye flour, honey (4), granulated sugar, water, non-GMO canola oil, organic eggs, baking soda, salt, cinnamon	1/2" slice	170	5	190 mg	29	2	18
Lemon Blueberry Bread and Muffins (1, 3)	unbleached-unbromated wheat flour, granulated sugar, fresh blueberries, organic eggs, margarine (5), organic soymilk (6), lemon juice, baking powder, lemon extract, vanilla, baking soda, salt	1/2" slice or 1/3 muffin	150	5	140 mg	24	1	13
Lemon Lavender Bread and Muffins (1, 3)	unbleached-unbromated wheat flour, granulated sugar, organic eggs, margarine (5), organic soymilk (6), lemon juice, baking powder, fresh lavender, lemon extract, vanilla, baking soda, salt	1/2" slice or 1/3 muffin	160	5	160 mg	27	0	14
Honey Carrot Pinapple Muffin (1, 2)	honey (4), unbleached-unbromated wheat flour, non-GMO canola oil, fresh apples, fresh carrots, whole wheat flour, organic eggs, fresh pineapple, walnuts, baking soda, baking powder, salt, cinnamon, nutmeg, mace	1/3 muffin	155	8	247 mg	18	1	9
Pumpkin Bread and Muffins (1)	pumpkin, unbleached-unbromated wheat flour, granulated sugar, non-GMO canola oil, brown sugar, organic eggs, water, baking soda, salt, baking powder, allspice, cinnamon, nutmeg	1/2" slice or 1/3 muffin	140	4.5	190 mg	22	1	14
Pumpkin Bread and Muffins with Walnuts (1, 2)	pumpkin, unbleached-unbromated wheat flour, granulated sugar, non-GMO canola oil, brown sugar, walnuts, organic eggs, water, baking soda, salt, baking powder, allspice, cinnamon, nutmeg	1/2" slice or 1/3 muffin	160	6	180 mg	21	1	13
Scones: Blueberry (1, 3)	unbleached-unbromated wheat flour, fresh blueberries, organic soy milk (6), margarine (5), granulated sugar, organic eggs, baking powder, salt, baking soda	1 mini or 1/2 scone	280	11	350 mg	40	2	12
Scones: Coconut (1, 3)	unbleached-unbromated wheat flour, organic soy milk (6), margarine (5), granulated sugar, organic coconut flakes, organic eggs, baking powder, coconut extract, salt, baking soda, vanilla	1 mini or 1/2 scone	335	16.5	470 mg	41	2.5	11
Scones: Colorado Peach (1, 3)	unbleached-unbromated wheat flour, fresh peaches, organic soy milk (6), margarine (5), granulated sugar, organic eggs, baking powder, cinnamon, salt, baking soda	1 mini or 1/2 scone	280	10	330 mg	43	1	17
Scones: Cranberry (1, 3)	unbleached-unbromated wheat flour, cranberries, organic soy milk (6), margarine (5), granulated sugar, organic eggs, baking powder, salt, baking soda	1 mini or 1/2 scone	270	11	370 mg	40	2	11
Scones: Pumpkin with Orange Citrus Icing (1, 3)	unbleached-unbromated wheat flour, brown sugar, organic soy milk (6), pumpkin, margarine (5), organic eggs, baking powder, cinnamon, ginger, nutmeg, salt, baking soda. Icing: powdered sugar, orange juice, vanilla	1 mini or 1/2 scone	300	9	320 mg	49	2	18
Scones: Maple Pecan (1, 2, 3)	unbleached-unbromated wheat flour, organic soy milk (6), pecans, margarine (5), granulated sugar, organic eggs, baking powder, salt, baking soda. Icing: powdered sugar, maple syrup, water, maple sugar, vanilla	1 mini or 1/2 scone	350	16	380 mg	48	2	23
Scones: Traditional (1, 3)	unbleached-unbromated wheat flour, organic soy milk (6), margarine (5), granulated sugar, organic eggs, baking powder, salt, baking soda	1 mini or 1/2 scone	330	13	450 mg	46	1	12
Traditional Cornbread (1, 3)	organic soy milk (6), unbleached-unbromated wheat flour, cornmeal, granulated sugar, organic eggs, margarine (5), water, baking powder, salt	1/2" slice	110	1	230 mg	22	1	6
Zucchini Bread (1)	unbleached-unbromated wheat flour, granulated sugar, fresh zucchini, non-GMO canola oil, organic eggs, vanilla, cinnamon, salt, baking soda, baking powder	1/2" slice or 1/3 muffin	170	8	115 mg	22	1	13
Zucchini Bread w/ Walnuts (1, 2)	unbleached-unbromated wheat flour, granulated sugar, fresh zucchini, non-GMO canola oil, organic eggs, walnuts, vanilla, cinnamon, salt, baking soda, baking powder	1/2" slice or 1/3 muffin	180	9	105 mg	21	1	13

BROWNIES AND COOKIES

Brownie (1, 3)	granulated sugar, semi-sweet chocolate chips (7), unbleached-unbromated wheat flour, organic eggs, margarine (5), cocoa, vanilla	1/2 large	485	23.5	195 mg	68.5	3	49
Chocolate Sugar Cookie (1, 3)	brown sugar, unbleached-unbromated wheat flour, margarine (5), granulated sugar, organic eggs, cocoa, vanilla, salt, baking soda, baking powder	1 cookie	250	11	220 mg	36	2	22
Peanut Butter Cookie (1, 2, 3)	peanut butter, unbleached-unbromated wheat flour, granulated sugar, margarine (5), brown sugar, organic eggs, vanilla, baking powder, salt, baking soda	1 cookie	270	15	220 mg	30	2	18
Peanut Butter Chocolate Chip Cookie (1, 2, 3)	semi-sweet chocolate chips (7), peanut butter, unbleached-unbromated wheat flour, granulated sugar, margarine (5), brown sugar, organic eggs, vanilla, baking powder, salt, baking soda	1 cookie	280	16	190 mg	30	2	19
Soft Gingerbread Cookie (1, 3)	unbleached-unbromated wheat flour, brown sugar, margarine (5), organic eggs, molasses, cinnamon, baking powder, baking soda, ginger, salt	1 cookie	240	11	250 mg	35	1	19

FRESH INGREDIENTS

Produce in its peak season tastes best. That's why Breadsmith has such a strong focus on freshness. For example, we only make Lemon Blueberry Bread when blueberries are in season.

WATCHING PORTIONS

It is smart to compare portion (what you eat) with serving size. But keep in mind that serving size is not a recommendation of what you should eat; it is a standardized way to compare similar foods with each other. Considering portion and serving size side-by-side allows you to calculate the nutrition you actually consume. This helps to be more aware of what you eat and therefore consume more of what's healthy and less of what's not.

For example, if you have a sandwich (one portion) with two slices (two servings) of Breadsmith 100% Whole Wheat, you accounted for two of your grain servings for the day. And when you're in the mood for something sweet, that Mini Cinnamon Bun is not only cute, but it is also a good way to not overindulge.

HELP WITH SODIUM CONTROL

"Nearly all Americans consume substantially more salt than they need," according to the US Department of Health. Many people avoid excess sodium in their diets as a way to reduce the risk of high blood pressure. It is recommended that adults consume less than 2,300 mg of sodium per day. Foods considered low in sodium have 140 mg (five percent of daily value) or less in sodium.

ALLERGIES?

Breadsmith breads are made in a facility with nuts, eggs, wheat and soy milk. Review the ingredient chart for detailed information.

BRATS, BURGER, DINNER and MINI SANDWICH

BUNS: These are shaped using our Honey White and Honey Wheat recipes most often. During the holidays look for additional options. Also, be sure to try Pretzel Buns, available year-round, to add a delightful flavor.

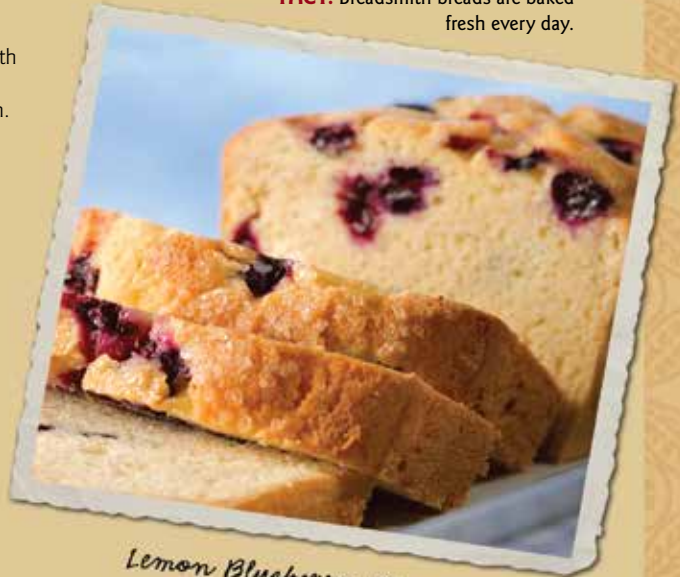
VEGAN OPTIONS: Many Breadsmith breads are vegan, which means they contain no animal products.

CITATIONS Thanks to:

Mayo Clinic Staff. "Dietary Fiber: an Essential Part of a Healthy Diet." 30 Nov. 2007. Mayo Clinic. 14 Dec. 2007 <www.mayoclinic.com>

"Dietary Guidelines for Americans." 16 Oct. 2006. US Department of Health and Human Services and US Department of Agriculture. 14 Dec. 2007 <www.health.gov/dietaryguidelines>

FACT: Breadsmith breads are baked fresh every day.



Lemon Blueberry Bread

OUR BAKERY IS DAIRY FREE

What does that mean for you? Our products do not contain any dairy ingredients. For the few products that contain an oil ingredient, we use non-GMO canola oil or a specialized non-hydrogenated margarine that contains no artificial trans fat. Most of our products contain 2 percent or less of your daily value of fat.



BREADSMITH
HAND MADE. HEARTH BAKED.

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